



RHWYDWAITH IECHYD
CYHOEDDUS CYMRU
PUBLIC HEALTH
NETWORK CYMRU



September 2020

Return to
Education

Welcome

Welcome to the September edition of the e-bulletin which this month has a focus on children and young people returning to education.

While some children and young people will be looking forward to going back to schools at the beginning of the Autumn Term, for others this will be a difficult time. The changes brought in because of the COVID-19 outbreak, like social distancing, improved hygiene, smaller classes and possibility of not seeing some friends, may leave them feeling anxious about being back. This maybe in addition to other worries such as starting a new school or problems with bullying, which would be particularly upsetting not only for pupils but for parents and carers as well (www.nhs.uk).

This issue highlights initiatives in place to provide children and young people with environments that support their physical, mental and emotional wellbeing whilst returning to education during the COVID-19 pandemic.

We would love to hear about any additional information, case studies or tips to share with the wider public health community in Wales in future e-bulletins and our website so please get in touch with us at: publichealth.network@wales.nhs.uk.



Contact us

You can contact Public Health Network Cymru in a variety of ways

Email us

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Latest information on coronavirus disease (COVID-19)

Coronavirus disease (COVID-19) is a new disease that can affect your lungs and airways. It's caused by a virus called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

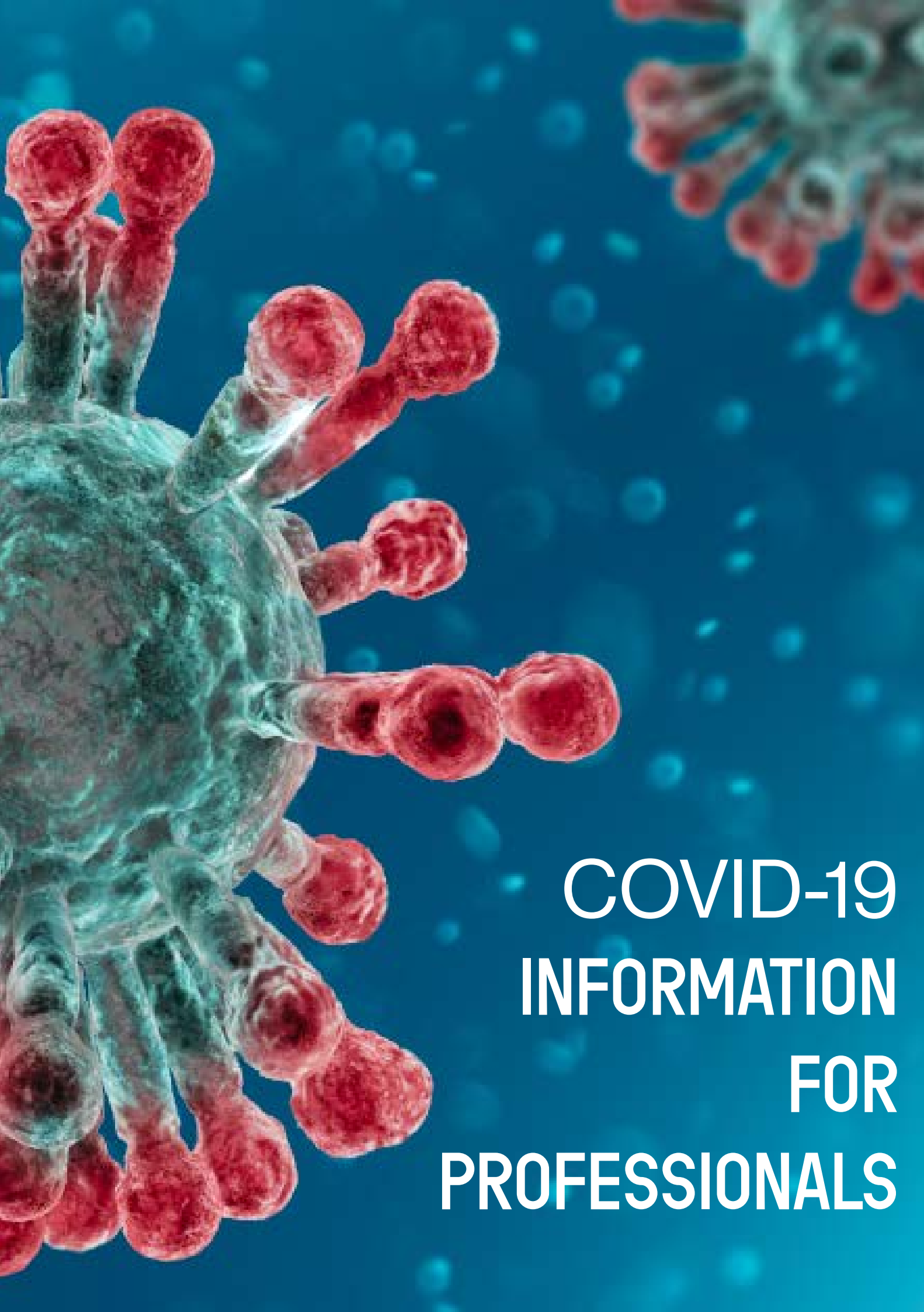
Public Health Wales is working closely with the Welsh Government and the other UK public health agencies to carefully monitor the situation and implement our planned response, with measures in place to protect the health of the public.

The guidance on the measures needed in response to Coronavirus changes rapidly. It's worth always checking the [latest information from Public Health Wales](#). The pages include a wide range of comprehensive information for public and professionals.

Public Health Network Cymru - Coronavirus (COVID-19)

You can find links to a wide range of sources on Public Health Network Cymru's Coronavirus (COVID-19) page [here](#).

Public Health Network Cymru welcomes feedback on this selection, and suggestions for additional sources that may be of interest to the public health community in Wales.



COVID-19
INFORMATION
FOR
PROFESSIONALS



The Sustrans Active Journeys Programme

Making the School Run Fun, Safer and Healthier

As children and young people return to school this month, the Sustrans Active Journeys Programme offers a safer and healthier option for the school run.

Active travel is an important tool in supporting physical health and wellbeing, as well as adapting to the challenges of the COVID-19 pandemic.

Social distancing on the school run

Active Journeys supports children and their families to walk, scoot or cycle to school.

Many families have been enjoying walking, running, scooting and cycling as part of their daily exercise during lockdown.

As children return to the classroom, the school run provides a great opportunity to keep this going.

With many schools staggering arrival and departure times, active travel can reduce busy drop-off bays and create a safer environment for both children and parents.

Air quality

Active travel to school helps to reduce emissions from vehicles including hazardous airborne pollutants. We know this can reduce the risk to those with respiratory conditions linked with poor air quality. Air pollution near schools is a particular cause of concern, it is estimated that air pollution contributes to [2,000 deaths a year in Wales](#).



Our Active Journeys Programme can help reduce congestion and air pollution around the school, making it a healthier environment for children and families.

Supporting physical and mental wellbeing

Annually, physical inactivity can [cost the NHS in Wales up to £35 million](#). Active travel to school is a great way to improve daily physical activity levels. Walking, cycling or scooting also helps mental wellbeing. We know that 20 minutes of exercise per day can increase positivity, boost moods and improve concentration.

Neil Canham, Sustrans Deputy Director said:

“Our Active Journeys Programme is a great opportunity to make a positive change to the way children travel to school, to make it safer and healthier for everyone.

“After a huge change in routine for many families, this is the perfect time to start the new healthy habit of active travel by leaving the car at home and making the school run fun with walking, cycling and scooting.”

Our Bike to School Week 2020

We have teamed up with the Bikeability Trust once again this year to deliver our Bike to school Week on the 28th September to 2nd October 2020. Our week-long event across the UK showcases the benefits of cycling to school. Bike to School Week is just one example of how we can support children and families for an active, healthy school run.

Don't miss out on our advice for families on returning to school actively and safely after lockdown, [find out more here](#)

Click here for more information on our [Active Journeys Programme](#)



Overview of Welsh Network of Healthy School Schemes & Healthy and Sustainable Pre-School Schemes

“Health is created and lived by people within the same settings of their everyday life; Where they learn, work, play and love” (The Ottawa Charter, 1986)

The Welsh Network of Healthy School Schemes (WNHSS) supports schools to take a whole-school approach to promoting health and wellbeing for everyone in the school community (learning and working).

The programme has been operating in Wales for over 20 years with participation levels at over 99% for maintained primary, secondary and special schools. This amounts to around 1500 schools and 450,000 children across all parts of Wales.

The Healthy and Sustainable Pre-School Schemes (HSPSS) was launched in 2011 as an extension of the Welsh Network of Healthy School Schemes (WNHSS). It operates across all 22 county areas in Wales, with over 900 pre-school settings participating. All registered pre-schools settings, including nurseries, playgroups and childminders, are eligible to participate in the HSPSS.

Both programmes address the ethos, policies and practices of schools and pre-schools settings, whilst also focusing on what happens within the setting and taking account of the community beyond it. It provides support to enable



children and staff to take control over aspects of the environment which influence their health in addition to formally teaching children and young people about how to lead healthy lives.

We recognise that for some staff and children, going back to normal will continue to be a challenge and lockdown will have had a significant impact on learning and engagement. For COVID-19 response and recovery, our dedicated team of healthy schools and pre-schools coordinators will continue to support schools and settings on all aspects of health and wellbeing. Both programmes have been strengthened with the objective of adapting the support we provide on mental and emotional health and wellbeing, physical activity, active travel and outdoor learning and hygiene for the rest of 2020.

A planning group consisting of coordinator representatives and chaired by Public Health Wales national team has been established for developing and overseeing the implementation of adaptations to the WNHSS and HSPSS. We continue to work closely with our partners and to signpost schools and pre-schools settings to the range of quality assured resources and training available.

A range of activities that will be carried out by WNHSS and HSPSS have been identified for the remainder of 2020/21 including supporting schools and settings with:

- Identifying resources and training for schools and settings around the three priority areas
- Promoting COVID-19 safe implementation of physical activity with a focus on outdoor learning and active travel
- Ensuring an integrated approach for implementing the Whole-School Approach to Mental Wellbeing
- Work with our partners to identify activities, which by their nature are relatively Covid-safe and how they can be safely performed in schools and settings
- Develop new policies for schools and settings to support with COVID-19.

Rhwydwaith Cynlluniau Ysgolion Iach Cymru



Welsh Network of Healthy School Schemes

A Play Friendly School

Guidance For a Whole School Approach

Play Wales is the national charity for children's play in Wales. We campaign for a play-friendly Wales and champion every child's right to play. To support good play opportunities in schools, we have published *A play friendly school – Guidance for a whole school approach*. The guidance provides policy and practice related information to help school communities take a whole school approach to support children's right to play.

In summer 2019, Estyn published the *Healthy and happy – school impact on pupils' health and wellbeing report (Estyn, 2019)*, which evaluated how well primary and secondary schools in Wales support the health and well-being of their pupils. It noted the importance of school play and break times. The report highlighted that schools that apply a whole school approach to supporting health and well-being provide an environment, facilities and space to play, socialise and relax at break times. It raises concerns that when schools can't or don't provide these, pupils are less physically active and can find it hard to relax during playtimes, which affects their well-being.

At about the same time, we noted an increase in parents getting in touch with concerns about the shortening of school days which resulted in reduced playtime, and also, the withdrawal of it as part of behaviour management policy. Due to these concerns, increased queries and to respond to Estyn's report, we started working on guidance for schools so that children can enjoy sufficient playtimes as part of their school day.

All children need to play. Designed to enhance the good work already being done to provide better play opportunities in school, our guidance aims to make everyone's time at school happier and healthier.

Children have a right to play, as recognised in article 31 of the United Nations Convention on the Rights of the Child (UNCRC). Playing is one of the most immediate and important aspects of children's lives – they value the time, the space and the freedom to play (Dallimore, 2019).



In Wales, national policy and legislation supports children's play. In 2010, Wales became the first country in the world to legislate for play through the Children and Families (Wales) Measure 2010, which places a duty on local authorities to assess and secure sufficient play opportunities for children in their area. *Wales – a Play Friendly Country*, statutory guidance to local authorities, notes that schools provide an important opportunity for children to play during the school day and before and after classes. The Welsh Government recommends that local authorities advise schools to provide high quality play space and sufficient time for children to play during the school day.

Studies have shown that access to playtime initiatives (for example through providing traditional play activities, playground equipment, loose parts play materials and staff who understand play) has resulted in happier pupils, significantly fewer incidents and accidents, and pupils returning to class ready to learn (Gill, 2014).

Children's opportunities for playing in all settings are dependent on a wide range of issues, which are arranged across three themes of:

- **Permission:** fear, expectations, tolerance, and the way adults view childhood and play
- **Space:** the amount, design and management of space
- **Time:** how time is structured and the obligations children have on their time.

Our guidance provides the policy background and practice related information to address the three conditions of permission, space and time for play. Summarised in 15 steps to a play friendly school and providing tools to implement them, some key recommendations include:

- Developing a School Play Policy that endorses play and articulates the actions the school is taking to protect children's right to play.
- Identifying a play champion – someone in a leadership position who supports both the strategic and operational practices to support play.
- Providing training, ideas, suggestions and tips for playtime staff to help them support play.
- Taking a balanced approach to managing risk in children's play
- Providing loose parts play materials during playtime to allow for plenty of stuff for lots of children to play with.
- Developing guidelines for playtime during inclement weather.
- Providing at least 60 minutes of outdoor playtime every day by recognising and protecting morning, lunchtime and afternoon playtimes.
- Avoiding the withdrawal of playtime as punishment for misbehaving or to complete unfinished work. Think of other ways to support children to manage behaviour.

Around the world, teachers report that children have less time to play at school now than in previous years (Prisk and Cusworth, 2018). A recent report (Baines and Blatchford, 2019) notes that, since 1995, the youngest children have lost 45 minutes a week of playtime and children aged 11-16 years old have lost over 65 minutes.

The demands on schools to achieve academic targets must not be put above the duty to protect the health and well-being of the pupils in their care. Time and space allocated to play is associated with pupil well-being and should therefore be considered as a positive element of school life.

[A play friendly school – Guidance for a whole school approach](#) is freely available on the [Play Wales](#) website.

References

Baines, E. and Blatchford, P. (2019) *School break and lunchtimes and young people's social life: A follow-up national study*. Final report (EDU/42402) to the Nuffield Foundation

Estyn (2019) *Healthy and happy – school impact on pupils' health and wellbeing*. Cardiff: Crown Copyright.

Gill, T. (2014) *The play return: A review of the wider impact of play initiatives*. London: UK Children's Play Policy Forum.

Health and Safety Executive (2012) *Children's Play and Leisure: promoting a balanced approach*

Dallimore, D. (2019) *I learn new things and climb trees' – What children say about play in Wales*. Cardiff: Play Wales

Play Wales (2020) *A play friendly school – Guidance for a whole school approach*. Cardiff: Play Wales

Prisk, C. and Cusworth, H. (2018) *From muddy hands and dirty faces... to higher grades and happy places Outdoor learning and play at schools around the world*. Winchester: Learning through Landscapes.

United Nations Committee on the Rights of the Child (2013) *General comment No. 17 (2013) on the right of the child to rest, leisure, play, recreational activities, cultural life and the arts (art. 31)*. Geneva: Committee on the Rights of the Child [CRC]

Welsh Government (2014) *Wales – a Play Friendly Country*. Cardiff: Welsh Government Crown Copyright

Public Health Network

Cymru Podcast

Latest Podcast

Welcome to our new PHNC Podcast Page of the Ebulletin. Here you can listen to the the previously released Podcasts.

The Latest Podcast in the series is on Learning Disabilities.

If you are interested in recording a podcast with us in the future, please contact us via email:

publichealth.network@wales.nhs.uk

Click to view the Sound
and Vision Pages



- Learning Disabilities: Multi-Sport ▶
- Arts and Health: Roadshow ▶
- Health Impact Assessment: WHIASU ▶
- Heart Health: BHF ▶
- Nutrition: Early Years with Andrea Basu ▶
- International Health: Migrant Health ▶
- Community Care: OP who are Neurodiverse ▶
- Dementia: World Toilet Day ▶
- Sustainability: Sue Toner and Bronia Bendall ▶
- Love Activity, Hate Excercise ▶
- Sexual Health ▶
- Alcohol: Drinkwise Age Well ▶
- Sun Safety: Skin Cancer ▶
- Gambling: The living room ▶

Public Health Network Cymru Press Play

Latest Video



Welcome to Press Play, here you can get the latest PHNC videos from youtube!

Our latest COVID-19 webinar featured a session from team members of the World Health Organization Collaboration Centre, Public Health Wales.

The webinar gave an overview of reports produced by the centre which focussed on drawing together COVID-19 international evidence to better understand and explore solutions to address the on-going and emerging health, wellbeing, social and economic impacts of the outbreak.

We would be grateful for your feedback via a [short survey](#) once you have watched the above webinar

Click to view the Sound
and Vision Pages

- Beth Jones - Homelessness
- Dr Peter Mackie - Homelessness
- Emma Williams - Homelessness
- LD Seminar: Simon Rose and Karen Warner
- LD Seminar: Sam Dredge
- LD Seminar: Ruth Northway
- LD Seminar: Karen Everleigh and Hazel Powell
- Public Health Network Cymru in Numbers
- Shaping our Future: Cat Tully
- Shaping our Future: Sophie Howe
- Shaping our Future: Highlights
- Early Years Nutrition: Highlights
- Early Years Nutrition: Andrea Basu
- Early Years Nutrition: Judith John

The Grapevine

New Beat Services For people affected by eating disorders



Demand for our Helpline services has soared in recent months. Latest figures show that in the past six months demand has increased by 97% compared to the same period last year, with 28% of people reaching out to the Helpline from May – July 2020 linking coronavirus as the possible trigger for relapsing or developing symptoms.

We had already increased our service provision to respond to this huge demand, including coronavirus support group The Sanctuary, and we are now further expanding with a new range of free, UK-wide support services.

- We have new peer-supported video group for anyone in Wales supporting a loved one with recovery from an eating disorder starting on **Monday 28th September** called **Solace**. Facilitated by experienced eating disorder clinicians, the groups provide a safe peer support space for carers to find support and empathy from people who truly understand. Space on the group can be booked here: <https://www.beateatingdisorders.org.uk/support-services/someone-else/solace>
- **Bolster** is Beat's new telephone coaching service for people who have an eating disorder. It's designed to build confidence through recovery via a series of weekly phone calls with one of our advisors. <https://www.beateatingdisorders.org.uk/support-services/myself/telephone/bolster>
- **Raising Resilience** is Beat's new workshop for parents, siblings, partners, and others supporting their loved one's recovery. Taking place via video, carers will learn new skills from an experienced eating disorder clinician to help their loved one towards recovery. <https://www.beateatingdisorders.org.uk/support-services/someone-else/parents-carers/raising-resilience>
- **Nexus** is Beat's new telephone advice and coaching service for anyone supporting someone with recovery from an eating disorder. Through a series of weekly calls, it's designed to provide carers with a place to talk through what they are going through and empower them to help their loved one towards positive change. <https://www.beateatingdisorders.org.uk/support-services/someone-else/telephone/nexus>
- Our **Helpline**, which covers phone calls, one-to-one webchat, email and online peer support groups is now open from 9am – 8pm on weekdays and 4pm–8pm on weekends and bank holidays! 0808 801 0677 <https://www.beateatingdisorders.org.uk/support-services>

International Horizon Scanning and Learning



Public Health Wales has developed an 'International Horizon Scanning and Learning' work stream to inform the evolving COVID-19 public health response and recovery plans in Wales.

Led by the Policy and International Health, WHO Collaborating Centre on Investment for Health and Well-being Directorate, this work focuses on international evidence, experience and measures, alongside transition and recovery approaches, to understand and explore solutions for addressing the on-going and emerging health, well-being, social and economic impacts of COVID-19 (potential harms and benefits).

Learning and intelligence are summarised in fortnightly reports to inform decision-making, and include the current and potential future harms resulting from control measures to reduce the risk of transmission of COVID-19. Reports to-date have covered both the closure and reopening of education, with specific topics including:

- Education (school re-opening) - 07/05/20
- Re-opening education - 21/05/20
- Socio-economic implications of school closures (UK) (long-term impacts of lockdown) - 04/06/20

These reports (and future releases) can be accessed here: <https://ihcc.publichealthnetwork.cymru/en/news/covid-19-international-horizon-scanning-and-learning/>

How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

Public Health Network Cymru members may also be interested to note that the next phase of Public Health Wales' 'How are we doing in Wales?' public engagement survey on health and well-being during coronavirus measures will consist of a panel of public representatives. A series of reports are planned including on children, young people and education. Releases to-date can be viewed here: <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-are-you-doing/>

You can follow developments with both the International Horizon Scanning Report and the Public Engagement Survey, as well as wider work, through the WHO Collaborating Centre's media channels:

Website: www.phwwhocc.co.uk

Twitter: [@phwwhocc](https://twitter.com/phwwhocc)

Facebook: [Phwwhocc](https://www.facebook.com/phwwhocc)

FROM HERE SUPPORT YOUR CLIENTS BACK TO EMPLOYMENT

PLATFFORM

For mental health and social change

GUIDANCE TOWARDS FULL POTENTIAL

One-to-one peer mentoring support in the community as a pathway to employment.

WHO'S THIS FOR?

It's for people who have experienced mental health challenges - like anxiety or depression - or who are in recovery from substance or alcohol misuse.

Criteria:

Over 25: Unemployed for more than 12 months, or receiving ESA or Universal Credit.

16 - 24: Not in education, employment or training.

Our peer mentors have had similar experiences to participants, or understand the challenges and barriers they may be facing.

WHO ARE PLATFFORM?

We work with people who are experiencing challenges with their mental health, and with communities who want to create a greater sense of connection, ownership and wellbeing in the places that they live.

platform.org



VOLUNTEERING

We support participants to find and access volunteering opportunities. This helps reintroduce them to the workplace and provides them with relevant experience.

TRAINING

We work with participants to find the training they need and support them to access it, including covering the costs.

EMPLOYMENT

We work with participants on personal development and improving existing strengths, moving them towards the career of their choice.

Mentors meet participants in their communities, and work together to create an action plan. Mentors provide information, advice and guidance, in confidence, supporting participants on their way back into work.

CONTACT US

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Public Health Network

Cymru Headlines

Latest News

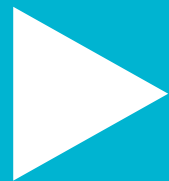
UK first as children’s playgrounds set to be smoke-free

New smoke-free restrictions for school grounds, hospital grounds, public playgrounds and outdoor children’s care settings are due to come into effect from 1 March 2021, the Health Minister has [announced](#).

This will make Wales the first country in the UK to legislate for bans on smoking at playgrounds and school grounds.

The new smoke-free measures aim to protect people’s health from the harms of second-hand smoke and further de-normalise smoking behaviours for children and young people.

Click to view the News Pages



NHS COVID-19 app launches across Wales and England



Bus services supported with a further £84.6 million to meet challenges of coronavirus



£420,000 will ensure access to free school meals for learners shielding or self-isolating



Deputy Minister for Culture, Sport and Tourism, Lord Elis-Thomas has today announced a funding package to support Wales’ sport and leisure sector



Winter Plan for Health and Social Services in Wales Published



New engagement projects aims to support inactive families



Public Health Network

Cymru Calendar

			1 Action for an Age Friendly Recovery: Making Change Happen Online	2
5	6	7	8 Talking Mental Health National Conference Online	9 (10th Oct) World Mental Health Day - World Wide
12	13	14	15 The Future of British Farming Online Conference	16
19	20	21	22	23
26	27	28	29	30

Visit www.publichealthnetwork.cymru for more info on events

Topics

Accident and Injury Prevention ▶	Obesity ▶
Alcohol ▶	Oral Health ▶
Arts and Health ▶	Physical Activity ▶
Brexit Health Hub ▶	Policy ▶
Gambling ▶	Sexual Health ▶
Health and Social Care ▶	Sleeping and Health ▶
Human Rights ▶	Smoking ▶
International Health ▶	Substance Misuse ▶
Mental Health ▶	Sun Awareness ▶
Noncommunicable Diseases ▶	Violence and Abuse ▶
Nutrition ▶	

Communities ▶	Lifestyle ▶
Education ▶	Poverty ▶
Environment ▶	Unemployment ▶
Families and Social Care ▶	Work ▶
Health Inequalities ▶	

Early Years ▶	Older People ▶
Maternal and New Born ▶	Children and Young People ▶
Working age adult ▶	

Asylum Seekers ▶	LGBT ▶
Carers ▶	Migrants ▶
Ethnic Groups ▶	Parents ▶
Faith Groups ▶	Learning Disabilities ▶
Gender ▶	Prisioners ▶
Gypsies ▶	Veterans ▶
Homelessness ▶	

Next Issue...



Mental Health & Wellbeing